

Full Report (All Nutrients) 45134955, CHEF BOYARDEE Microwave Mini Beef Bowl, UNPREPARED, GTIN: 00064144863709

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: May 26, 2017 21:26 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	1 cup (232g) 232g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	211	91
Protein	g	--	--	7.01	3.02
Carbohydrate, by difference	g	--	--	28.00	12.07
Sugars, total	g	--	--	3.99	1.72
Minerals					
Calcium, Ca	mg	--	--	79	34
Iron, Fe	mg	--	--	1.09	0.47
Potassium, K	mg	--	--	269	116
Sodium, Na	mg	--	--	749	323
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	200	86
Lipids					
Fatty acids, total saturated	g	--	--	3.99	1.72
Fatty acids, total monounsaturated	g	--	--	2.51	1.08
Fatty acids, total polyunsaturated	g	--	--	1.00	0.43
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	9	4

Amino Acids

Other

Ingredients

Water, Enriched Pasta (Durum Wheat Semolina, Wheat Protein Isolate [Wheat Gluten, Phosphate, Lactic Acid], Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Cheese Flavor (Dehydrated Blend of Whey, Granular and Blue Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sunflower Oil, Maltodextrin, Salt, Sodium Phosphate, Citric Acid, Lactic Acid), LESS THAN 2% OF: Cream,

Margarine (Liquid Soybean Oil, Palm Oil, Palm Kernel Oil, Water, Salt, Vegetable Monoglycerides and Soy Lecithin [Emulsifiers], Nonfat Dry Milk, Cultured Nonfat Dry Milk, Vitamin A Palmitate, Natural and Artificial Flavors, Colored with Beta Carotene), Modified Corn Starch, Nonfat Milk, Sodium Phosphates, Salt, Sodium Caseinate, Turmeric and Paprika (Colors). CONTAINS: MILK, SOY, WHEAT *Date Last Updated by Company:* 09/08/2016